

ABSTRACT OF THE DISCLOSURE

5 A starting block is used by a runner in a track event. The starting block has five components, a rail, a left foot pedal assembly, a left connector, a right foot pedal assembly, and a right connector. The rail has two outwardly-positioned rows of upwardly directed teeth and two upwardly-projecting guides running parallel to and between the rows of teeth. Each connector has an engaging member for selectively engaging its respective row of teeth and a sleeve for enveloping and selectively engaging its respective guide.